



Academy for Lifetime Learning (A.L.L.) Form for Fall 2022 Mail-In Registration

We recommend signing up online at www.allesva.org. However, if you prefer to register by mail, complete **both** pages of the form below. Read the course schedules carefully. Check the "Schedule" tab on our website (www.allesva.org) to make certain you do not have a schedule conflict.

Check each class for which you would like to sign up.

ART AND SKILLS

- American Mahjong
- Art Appreciation
- Artist Studio Tour: Carrie Jacobson
- Artist Studio Tour: Laura McGowan
- Artist Studio Tour: Margaret E. Bradach
- Artist Studio Tour: Elizabeth Rhoades
- Bees and Beekeeping
- Expression in Metal: The Lost Wax Process
- Learning to Process Your Photography
- Photography: Taking Control of Your Camera
- The Harp in the Americas
- Watercolor—It's Not As Hard As You Think!
- WPA Original Gardeners: Norfolk Botanical Gardeners

GET MOVING!

- Bocce Ball
- Flexibility Training
- Kayaking Day Trip: Pocomoke River
- Beginner Line Dance Section 1
- Beginner Line Dance Section 2
- Experienced Beginner Line Dance Section 1
- Experienced Beginner Line Dance Section 2

- Pickleball: Beginners
- Pickleball: Skills and Game Play

MIND CANDY

- A Life Review—Me, Myself, and I
- Bite Size Book Club
- Environmental Hazards of the Eastern Shore: How To Enjoy the Shore Without Letting the Shore's Bugs (Etc.) Enjoy You
- Ethical Dilemmas, Moral Quandaries, and Moral Differences
- Lunch & Learn: Camp Occohannock
- Lunch & Learn: A Hidden Treasure on the Eastern Shore
- Lunch & Learn: Visit to Norfolk Botanical Garden
- Lunch & Learn: YMCA Camp Silver Beach
- Lunch & Learn: Cassatt Cottage, Cape Charles
- The Biology and Ecology of Marine Organisms
- Writing Your Memoirs

STAYING HEALTHY

- A Guide To Help Your Loved Ones for When You Die
- Aromatherapy
- Choosing Medicare Prescription Drug Coverage
- Navigating Medicare

(Continued on Next Page)

How To Stay Physically Fit & Mentally Active

Financing Your Retirement

Understanding Alzheimer's and Dementia

What Are the Differences Between Home Health, Assisted Living, and Nursing Homes

Hospice: What Is It, and What Does It Mean?

Stress and Self-Care

Keeping Your Home Safe: Reducing Fall Hazards, and What To Do If You Fall

Be sure you've put a check mark next to each class for which you wish to register. Then complete the information requested below.

Please print clearly. Keep a copy for your records:

Your Name _____

Mailing Address _____

Email _____ **Phone** _____

1) Include membership fee of \$25 (check made payable to ALLESVA) \$ 25.00
(NOTE: If there is a materials fee, it is paid to the instructor. Do NOT include with registration.)

2) To make a donation to the ALL Scholarship Fund, include with your Membership check. \$_____

TOTAL \$_____

Mail check and registration form to:

**The Academy for Lifetime Learning
PO Box 509
Exmore, VA 23350**